
Welcome All Healthcare and Wellness Practitioners,

Every two years, the International BodyTalk Association (IBA) holds a Members Conference somewhere in the world. This summer, our Conference will be held in Clearwater, Florida, on the Gulf of Mexico.

This year's Conference is oriented around BodyTalk Founder, Dr. John Veltheim's latest course, *The Soul's Journey: Exploring the Mind and the Three Brains*. In light of John's determination to give practitioners in all healthcare fields access to his work, we will be breaking with tradition this year. We are welcoming non-Members to attend the Live Streaming of our 2017 Members Conference. No previous training in BodyTalk is required for you to reap deep benefit from all our presentations. Whatever your field of expertise, you will find the principles and techniques associated with the Three Brain Complex immediately applicable to your own work.



Introduction to Dr. John Veltheim and his Latest Research

Dr. John Veltheim began his healthcare career in 1973 in his homeland of Australia. He made an in-depth study of chiropractic, osteopathy, acupuncture and Chinese medicine, naturopathy, Applied Kinesiology and many variations of energy medicine. He then became a teacher and in many cases a pioneer in the promotion and practice of these modalities.

For 16 years John ran one of the most successful practices in Australia. And yet, all the while, as passionate as John was about everything he was doing, he was always clear within himself: "These are all stepping stones on the way to realizing my dream."

The first part of his dream was of a therapy that would transcend the diagnostic model, allowing the body primary directive over its own healing process. He envisioned the body having total say in the deciding of its own treatment priorities. The practitioner's role would no longer be to orchestrate a treatment according to diagnostic opinion. Instead, they would honor and be guided by the body's own priorities for healing. In this sense BodyTalk's use of biofeedback, in respect of the body's own priorities, gives BodyTalk a deep affinity with Applied Kinesiology.

The second part of John's dream was that of countless human beings experiencing a therapy that would offer lasting results that would be exponentially beneficial. In this dream, the human system would regain its dynamism so that wellbeing would continue to improve long after the treatment was finished. In other words, the body's own wisdom would take over.

The first part of his dream was realized through what we now call the BodyTalk System. Practitioners' work is guided and supported by a simple, yet complex, protocol of questions. The body is consulted in the most respectful way and, as a consequence, the entire bodymind complex clearly reveals its priorities and needs.

For the second part of his dream, John needed to solve a mystery. *Innate*, the body's inherent wisdom, is always oriented towards healing. When we do a BodyTalk treatment *innate* informs the practitioner as to what the system needs. With BodyTalk, generally fewer treatments are required than with other modalities, but still a nagging question plagued him. In the wake of a treatment, what mechanism inhibits *innate's* natural impulse towards healing the body exponentially?

The answer to his question had to lie in better understanding the dynamic of innate itself. After all, the innate wisdom of the body has been the guiding principle in the evolution of BodyTalk. Immediately, John's focus returned to the ancient bodies of wisdom that speak of the soul and its relationship to the three brains. These brains are found in the head, heart and gut. What had long captivated his focus was the gut or enteric brain. Now, driven by a clearer intent, the more he explored the gut brain's dynamic within his own body and psychological processes, the more he realized he was onto something. Understanding these three brain matrixes and their relationship to the unfolding of the soul's journey seemed key to realizing the second part of his dream.

Over the past two years John's dream is finally realizing itself in the evolution of his latest course, *The Soul's Journey: Exploring the Mind and the Three Brains*. John is convinced the application of his new work has the potential of transforming all fields of healthcare. For this reason, he has already begun welcoming non-BodyTalkers to attend his courses and train with him in this transformative new modality.

2017 IBA Members Heart and Soul Conference

If you are not a BodyTalk Practitioner but wish to deepen your own healthcare practice and your personal wellbeing, we extend a warm welcome to you to join the Live Streaming of our 2017 IBA Members Conference.

Our entire Conference will be oriented around the concepts in the course The Soul's Journey: Exploring the Mind and the Three Brains. Hence, our Conference theme of Heart and Soul, which will be held from July 28 to 30, 2017.

Our Special Guest Speakers include [Charles Krebs PhD](#), [James Oschman PhD](#), [Lonny Jarrett](#), [Howard Martin](#) (Heartmath), [Tracy Clark PhD](#), and [Paola Novaes Ramos PhD](#). Collectively, our seven Speakers' expertise spans the realms of neurobiology, neuropsychology, homeopathy, Chinese medicine, Heartmath, BodyTalk and beyond.

On the last day of our three-day Conference, John's focus will be to intertwine and integrate the six eclectic presentations into working applications using BodyTalk Protocols. The teachings, principles and techniques will provide practical application for practitioners of all realms of healthcare and, most importantly, for your own personal wellbeing.

To register as a non-member for the 2017 Live Stream IBA Conference being held July 28-30:

[PLEASE CLICK HERE.](#)

Visit our Conference website for further details:

<http://conference.bodytalksystem.com>

(If you have an interest in attending the Conference in Clearwater in-person, please contact our office directly by calling Leann at 941-921-7443.)

Important note: Because of all the time zone variations, attendees of the Conference do not have to watch the event as it is streamed live. It will be recorded, and access to the lectures will be available to watch at a convenient time for up to 90 days after the event.

Please read the following introductory article on the Three Brains:

The Three Brain Complex

by John and Esther Veltheim

"There is nothing either good or bad, but thinking makes it so."
– William Shakespeare

Contrary to popular belief, we do not have one brain but three. Each of the body's brains has unique abilities, but no one brain can operate independent of the other two. Instead, the Three Brains function interdependently, in a mutually supportive way.

Intuitively, the human being senses that the brain in the head is not the only brain and that there are two more brains. Experientially, we know that we have three interactive brains that inform us in vastly different ways.

And yet, intellectually, many of us are convinced that there is only one brain and that it resides in our head. While this conviction remains strong, our experience of the Three Brains is that they function in conflict with one another.

We eloquently convey this experience when we say, "My head is telling me one thing, but my heart is telling me the absolute opposite" or, "My gut tells me to just go for it, but my head is saying it's a ridiculous idea."

Once we understand that we have a Three Brain Complex and then learn how to support it, our experience of the brain transforms.

The Head Brain

The Head Brain is like a computer. It downloads information from the body and the environment and responds by running a continuous program that supports and informs all the bodily systems. The Head Brain also handles a certain amount of generic analysis and conceptualization.

The Head Brain is the control center of the autonomic nervous system (all involuntary processes). The ANS comprises the “fight or flight” sympathetic response and the “rest and digest” parasympathetic response. These functional processes are informed by and reliant upon the other two brains—the Heart Brain and the Enteric Brain, and vice versa.

In the human evolutionary process, the Head Brain tends to take on a lot of work it is not designed to do and should not be doing. This is because developing societies increasingly over-emphasize the importance of the Head Brain, attributing to it many of the strengths and roles of the other two brains. We have made the Head Brain the designated driver of our thinking processes. As a result, many of us “live in our heads,” relying on the Head Brain as our primary interpreter of life. Burdened by this misplaced responsibility, the Head Brain is experienced as chronic tension reflected throughout the human systems. When left unchecked, a desensitization and psychophysical numbing occurs, or the complete reverse and we become hypersensitive and hyperalert. Either way, as long as we “live in our heads” we defer to thoughts to determine our level of self-worth and to even tell us who we are.

The natural impulse toward healthy introspection and self-reflection is what ensures we do not live an unexamined, unconscious life. However, the deeper the conviction goes that thinking is our most important faculty, the more impossible it becomes to turn inward. By dismissing the experiential and the wealth of non-conceptual information our systems are constantly providing us, looking within no longer comes naturally. The more normal we consider constant thinking to be the greater our stress and the greater the counter measures we start looking for. Instead of the brain as our servant, we have become its slave.

While experiencing is eclipsed by the habit of thinking, simply being feels like a personal effort. Our reliance on the Head Brain and thinking to get us through life is similar to a sailor relying on an outboard motor to move his sailboat on a beautiful windy day. In both cases, the power of nature is underestimated, there is unnecessary fuel consumption, and a peaceful journey remains elusive.

The Three Brain Complex

Underestimation of the Heart and Enteric Brains and overestimation of the Head Brain decreases brain plasticity. As brain plasticity diminishes, without even realizing it, the habit of dogmatic thinking and assuming becomes our way of life. Assumptions dull healthy curiosity and the faculty of deconstructive thought which are the cornerstones of a healthy intellect. Assumptions cloud the heart and blind us to life as it really is. The habit of assuming is the most pervasive symptom of a poorly functioning Three Brain Complex.

The reductionist view of the brain as purely Head Brain is reflected in an increasing number of autonomic diseases and psychological disorders. While the Head Brain is overburdened, the harmonious functioning of the Three Brain Complex and the entire psychosomatic system is severely hampered.

The Heart Brain

The Heart Brain is the seat of consciousness of self; this is why we instinctively point to the heart center to indicate self. Although the heart symbolizes sentimental love in many cultures, the Heart Brain's primary function is to anchor the other two brains. When this trinity functions healthily, the Heart Brain anchors all our interactions in life.

How strongly the Heart Brain anchors the Head and Enteric Brains determines the efficiency of neurological and sensory input. When the Heart Brain fully anchors the other two Brains, the whole system calms; the “fight or flight” stress response that predominates while we live in our heads resumes its natural role, engaging only when necessary. In this way, the human system returns to its natural, healthy neurological hierarchy, with the parasympathetic “rest and digest” response predominating. When the parasympathetic NS predominates, the human being experiences wellbeing and a sense of ease both in rest and activity. In this way, like of our analogous sailor, actions become practical and stress free, happening in unison with nature, and the journey becomes peaceful and enjoyable.

It should be noted that current physiology textbooks emphasize that dopamine is primarily produced in the Head Brain and released by the nucleus accumbens. However, research now shows that 80 percent of the dopamine produced in the body is produced by the Heart Brain.

Furthermore, the Head Brain receives credit for producing and releasing serotonin, which plays such an important role in our feelings of wellbeing. Research today shows that 90 percent of the serotonin produced in the body is in fact produced in the Enteric Brain.

This awareness is extremely important to anyone dealing with mental and physical health. Even more important is to consider how we can facilitate healthy production of these and other chemicals without the use of pharmaceuticals.

The Enteric Brain

The Enteric Brain has several major functions. It is heavily involved in our entire defense mechanism, meaning it oversees the immune system and our body's ability to defend itself from the outside. It is there to work with the small intestine, assisting in controlling and regulating digestion and the microbiome. Classically, it is also where decisions are meant to be made. The Head and Heart Brains analyze and ponder, but when it comes to the discernment of choosing between right and wrong, it is meant to be the small intestine/Enteric Brain that handles this. The Chinese and Indian systems of physiology and health have known this for thousands of years.

While the Enteric Brain's task is misappropriated by the Head Brain, we mistake the Head Brain for the intellect. Until there is conscious awareness of input from the Heart and Enteric Brains, the human experience is one of struggle. Intellectually, we live misinformed, misinterpreting our every experience of self and life.

Implementation

The Soul's Journey: Exploring the Mind and the Three Brains is a BodyTalk modality which very specifically addresses the Three Brain Complex in terms of treatment. However, as a BodyTalker, even if you have not taken this class, you can powerfully impact the functioning of the Three Brain Complex by implementing the basic Three Brains Tapping Technique. When you tap out any BodyTalk formula, be it Access techniques, Fast Aid, or an advanced PaRama formula, you must tap not just the Head Brain and the Heart Brain—as has been standard practice—but also the Enteric Brain. The Enteric Brain is tapped out by gently tapping in the area of the navel.

You will bring awareness to the entire Three Brain Complex by tapping each Brain. This technique retrains the Three Brains to work more efficiently together, and allows us to utilize all Three Brains far better. The harmonizing of the Three Brain Complex will help the body to better respond to all BodyTalk treatments.

The simple act of consciously acknowledging the symbiotic, mutually supportive nature of the Three Brains lends them healthy support. As conscious recognition of the Three Brains deepens, systemic tensions fade; self-doubt diminishes; decision-making becomes more practical and effortless; and overall health and wellbeing improve.

Tapping all Three Brains gives you one of the most simple and effective ways of helping yourself and, thus, your clients. ■

Copyright © 2017 IBA, All rights reserved.

International BodyTalk Association
2750 Stickney Point Rd Ste 203
Sarasota, FL 34231

